

# Naut'staat Neq'rkaqluki— PLANTS AS FOOD



Plants remain an important subsistence food in Alutiiq/Sugpiaq communities. Although they are taken in smaller quantities than fish or sea mammals, Alutiiq families look forward to the first green vegetables of spring and to the sweet juicy berries that ripen with summer. Plants are also used as seasoning. Petrushki (beach lovage—Latin: *Ligusticum scoticum*) is a favorite addition to baked salmon. To extend the availability of plant foods, Alutiiq people once stored harvested plants in seal oil in seal stomach containers. They kept others in grass-lined pits or hung them from household rafters to dry. Today, families collect plants to eat fresh, store in the freezer, and make jam and jelly. Here are two favorite Alutiiq plant recipes:

## CIITAQ

### "Something mashed"

*Courtesy of Patricia Mullan Kozak*

1 gallon **salmonberries**  
 $\frac{3}{4}$  cup **sugar** (adjust this amount to your taste)  
**evaporated milk** (if desired—it  
wasn't true *Ciitaaq* to my dad if it  
didn't have evaporated milk in it.)

Using a potato masher, mash the berries until they are well crushed and you have a lot of liquid (berry juice). Add sugar and stir until dissolved. Use a soup ladle to put into individual bowl. Add milk if desired. Enjoy!



*Salmonberries ripen in the sun. Photo by Sven Haakanson Jr.*

## NASQULUK

### Pickled Bull Kelp

4 cups rings or rectangles cut from **kelp stems**  
 $\frac{3}{4}$  cup white **vinegar**  
2  $\frac{1}{2}$  cups **sugar**  
1 Tbsp **mixed pickling spice**  
1 tsp **whole cloves**

Remove outer skin of kelp with peeler and slice into rings or rectangles. Soak the kelp in freshwater for three days, changing the water several times a day to remove the salt. Enclose the spices in a cheesecloth bag and place in simmering vinegar and sugar for five minutes. Remove spices and pour the hot syrup over the kelp. Let stand overnight. Next day, drain off syrup, heat to boiling, and pour over kelp again; let stand overnight. On the following day remove syrup and heat to boiling. Place kelp slices in hot jars, cover with boiling syrup and seal, or store the pickles in a covered crock.

**ATTENTION:** Information on plant foods is provided for educational purposes. The Alutiiq Museum does not recommend experimentation with wild plants. Any experimentation is done at your own risk.